

**2021-2022 SCHOOL YEAR  
LAUSD MENU NUTRIENT ANALYSIS**

• Items are categorized by Meal Type and Food Type. Categories include 1) Breakfast; 2) Lunch/Supper; 3) Grain, Snack, Cracker; 4) Fruit - Fresh, Dried, Shelf-Stable; 5) Juice - Refrigerated, Shelf-Stable; 6) Frozen Fruit/Veg - Juice Cup, Slush, and Other; 7) Vegetable - Fresh, Cooked, Shelf-Stable; 8) Shelf-Stable Meal Kits; 9) Milk; and 10) Condiments

• Within each category, items are listed in alphabetical order by the item's common name and NOT by the adjective that describes the item. For example, Fiesta Bean & Cheese Burrito is in the Lunch category order under, "Burrito," and BBQ Beef Rib Sandwich, is also in the Lunch category, under "Sandwich." Kiwi Strawberry Slush is in the Fruit - Frozen Juice Cup Slush category, under "Slush," whereas Nectarine is in the Fruit - Fresh, Dried...category. Ruffle Fries is in the Vegetable category under "Potato, Ruffle Fries."

• Refer to the school menu for help identifying the names of unfamiliar items. For an item whose name is not common or obvious, it may be listed under the name of what the item is filled with. For example, Beef & Cheese Sunrise Stick is in the Breakfast category and Beef & Cheese Chimichanga is in the Lunch category, both under "Beef."

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
<b>BREAKFAST</b>																
BEEF & CHEESE SUNRISE STICK	ENTRÉE	2.4 OZ.	169.00	7.40	4.00	0.00	22.00	299.00	17.00	2.00	1.00	9.00	104.00	3.30	157.00	1.50
BISCUIT, TURKEY SAUSAGE	ENTRÉE	EACH 3 OZ.	230.00	10.00	4.50	0.00	30.00	570.00	25.00	2.00	5.00	10.00	0.00	0.00	50.00	1.10
BURRITO, BEEF, EGG, & CHEESE	ENTRÉE	EACH 3 OZ.	222.88	10.37	3.86	0.00	39.44	343.38	22.31	3.13	0.86	9.94	414.17	2.34	87.69	2.13
BURRITO, FIESTA BEAN & CHEESE	ENTRÉE	EACH 3.25 OZ.	214.02	6.40	2.21	0.00	9.09	330.49	29.95	4.36	0.52	9.16	176.77	0.91	91.97	1.51
CEREAL - BLUEBERRY RICE CHEX	GRAIN	EACH 2 OZ	240.00	5.00	0.50	0.00	0.00	350.00	46.00	1.00	12.00	3.00	500.00	6.00	100.00	16.20
CEREAL - CINNAMON CHEX	GRAIN	EACH 2 OZ	240.00	5.00	0.50	5.00	0.00	340.00	46.00	3.00	12.00	3.00	500.00	6.00	150.00	14.40
CEREAL - CINNAMON TOAST CRUNCH	GRAIN	EACH 2 OZ	230.00	5.00	0.50	0.00	0.00	320.00	44.00	6.00	11.00	3.00	600.00	9.00	400.00	8.10
CEREAL - GRANOLA CHOCOLATE ROCKIN'OLA	GRAIN	EACH 2 OZ	180.00	4.50	0.50	0.00	0.00	65.00	33.00	4.00	9.00	4.00	0.00	0.00	0.00	1.44
CEREAL - HONEY BUNCHES OF OAT VANILLA	GRAIN	EACH 2 OZ	220.00	3.00	0.00	0.00	0.00	150.00	47.00	4.00	12.00	4.00	1800.00	0.00	0.00	18.00
CEREAL - RICE CHEX	GRAIN	EACH 2 OZ	210.00	1.00	0.00	0.00	0.00	460.00	48.00	2.00	4.00	4.00	500.00	6.00	100.00	16.20
CHEESE STUFFED POCKET	ENTRÉE	EACH 2.37 OZ	150.00	5.00	2.50	0.00	10.00	230.00	19.00	1.00	3.00	7.00	0.00	0.00	143.00	0.00
COFFEE CAKE, CAFÉ LA IND. WRAPPED	GRAIN	EACH 3.4 OZ.	310.00	12.00	1.50	0.00	35.00	290.00	45.00	1.00	21.00	5.00	0.00	0.00	35.00	2.00
FRENCH TOAST, CINNAMON	ENTRÉE	EACH 2.9 OZ	210.00	7.00	2.50	0.00	125.00	310.00	29.00	2.00	9.00	8.00	0.00	0.00	40.00	1.80
FRENCH TOAST TRIO	ENTRÉE	EACH 2.9 OZ.	207.77	8.79	2.10	0.11	104.94	281.79	25.61	2.52	11.04	7.66	232.87	0.07	73.15	1.46
MUFFIN, BLUEBERRY	GRAIN	EACH 1.8 OZ.	130.00	3.50	0.00	0.00	15.00	125.00	23.00	1.00	10.00	2.00	0.00	0.00	11.00	1.00
OMELET, TURKEY & CHEESE (Individually Wrapped)	ENTRÉE	EACH 3.2 OZ.	180.00	10.00	4.00	0.00	175.00	480.00	13.00	1.00	1.00	10.00	0.00	0.00	80.00	1.44
PAN DULCE, CINNAMON	GRAIN	EACH 2.25 OZ.	200.00	6.50	1.50	0.00	5.00	98.00	33.00	2.00	8.00	5.00	0.00	0.00	10.00	1.80
POP TART (CINNAMON POCKET) 2 per pouch	GRAIN	1 POUCH	340.00	6.00	2.00	0.00	0.00	380.00	73.00	5.00	30.00	5.00	0.00	0.00	300.00	4.00
POP TART (STRAWBERRY POCKET) 2 per pouch	GRAIN	1 POUCH	350.00	5.00	2.00	0.00	0.00	370.00	76.00	6.00	30.00	4.00	0.00	0.00	260.00	3.60
SANDWICH, BEEF SAUSAGE PANCAKE	ENTRÉE	EACH 2.61 OZ.	140.00	4.70	1.60	0.00	17.60	327.50	15.70	1.80	4.00	9.00	0.00	0.00	45.00	1.40
SANDWICH, MORNING BEEF SAUSAGE	ENTRÉE	EACH 3.10 OZ.	214.00	6.60	2.00	0.00	29.70	488.56	26.30	2.10	4.00	12.60	13.60	3.60	26.00	2.30
SCONE, BANANA CHOCOLATE CHIP	GRAIN	EACH 2.8 OZ.	252.00	8.20	2.80	0.00	6.50	190.00	30.20	3.30	15.20	3.70	0.00	0.00	117.26	1.56
SCONE, BERRY	GRAIN	EACH 2.8 OZ.	243.00	7.30	2.70	0.00	10.00	197.00	28.50	3.50	25.00	4.00	0.00	0.00	111.00	1.70
SCONE, PUMPKIN	GRAIN	EACH 2.8 OZ.	251.00	8.40	2.80	0.00	10.00	197.00	41.00	3.50	12.50	4.00	0.00	0.00	116.00	1.80
WAFFLE, BUTTERY MAPLE	GRAIN	EACH 2.4 OZ.	250.00	9.00	4.00	0.00	44.00	290.00	37.00	2.00	15.00	6.00	0.00	0.00	30.00	1.44
<b>LUNCH/SUPPER</b>																
BEAN & CHEESE CHIMICHANGA	ENTRÉE	EACH 5.5 OZ.	350.00	13.00	5.00	0.00	20.00	510.00	43.00	7.00	2.00	17.00	400.00	2.40	250.00	3.60
BEAN & TWO CHEESE DIP	MEAT/MEAT ALT	EACH 3.35 OZ.	180.00	8.00	4.50	0.00	20.00	460.00	16.00	4.00	1.00	11.00	0.00	0.00	197.00	2.00
BEEF PHILLY STEAK PINWHEEL	ENTRÉE	EACH 4 OZ.	320.00	12.00	6.00	0.00	30.00	730.00	33.00	4.00	2.00	21.00	200.00	9.00	300.00	2.70
BEEF TERIYAKI DIPPER & RICE (wrapped tray)	ENTRÉE	1 SERVING	455.26	9.15	3.07	0.00	39.00	386.68	74.07	3.09	9.88	19.84	750.66	0.00	14.00	2.16
BEEF TERIYAKI DIPPER & RICE BOWL (recipe)	ENTRÉE	1 SERVING	492.00	9.00	3.00	0.00	40.00	517.00	82.00	3.00	17.00	20.00	754.00	0.00	15.00	2.00
BROWN RICE ONLY (Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	297.19	2.66	0.47	0.00	0.00	4.69	62.57	2.50	0.78	6.26	703.86	0.00	0.00	0.56
BEEF TERIYAKI DIPPERS (NO RICE)	MEAT/MEAT ALT	4 PIECES	159.00	6.50	2.60	0.00	39.00	382.00	11.70	0.60	9.10	13.60	49.00	0.00	14.00	1.60
BEEF STEAK WITH GRAVY (IND. WRAPPED)	ENTRÉE	EACH 3.15 OZ.	137.19	7.17	2.37	0.00	21.87	455.93	4.69	0.89	1.47	13.21	0.00	0.18	27.43	1.70
BURGER, ALL AMERICAN, BEEF	ENTRÉE	EACH 4.25 OZ.	275.10	8.67	2.95	0.00	31.13	438.01	29.60	3.14	3.09	19.92	2.19	0.00	185.64	3.32
BURGER, CAFÉ LA, BEEF	ENTRÉE	1 BURGER	242.00	8.10	2.50	0.00	36.00	403.00	26.50	2.10	3.20	15.00	0.00	6.00	45.00	2.54

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
BURGER, POSSIBLE (vegan)	ENTRÉE	1 BURGER	280.00	6.50	0.00	0.00	0.00	630.00	35.00	5.00	6.00	20.00	0.00	6.00	100.00	3.00
BUN, HAMBURGER for Possible or Cafe LA Burger	GRAIN	1 BUN	140.00	2.00	0.00	0.00	0.00	210.00	26.00	2.00	3.00	4.00	0.00	0.00	0.00	0.00
BURGER, TURKEY	ENTRÉE	1 SANDWICH	300.00	11.00	2.50	0.00	60.00	640.00	29.00	2.00	3.00	22.00	0.00	9.00	40.00	2.16
TURKEY PATTY ONLY - NO BUN	MEAT/MEAT ALT	1 PATTY	150.00	9.00	2.50	0.00	60.00	430.00	0.00	0.00	0.00	17.00	0.00	0.00	0.00	0.72
BUN KNOT ROLL (for turkey burger)	GRAIN	1 BUN	150.00	2.00	0.00	0.00	0.00	210.00	29.00	2.00	3.00	5.00	0.00	9.00	40.00	1.44
BURRITO, BEAN, CHEESE & RICE	ENTRÉE	EACH 6.55 OZ.	323.16	9.35	3.55	0.00	10.74	477.57	44.84	8.96	2.87	15.49	329.48	25.03	164.00	3.48
BURRITO, BEAN & GREEN CHILI (VEGAN)	ENTRÉE	EACH 5.35 OZ	310.00	7.00	1.00	0.00	0.00	527.00	48.00	9.50	2.00	15.00	103.00	5.50	89.00	4.00
BURRITO, BEEF & BEAN (a.k.a. Beefy Bean Burrito)	ENTRÉE	EACH 5.2 OZ	279.00	8.00	2.00	0.00	16.00	403.00	39.00	7.50	1.40	16.00	320.00	1.00	70.00	4.00
BURRITO, BEEF & CHEESE (a.k.a. TACO SNACK)	ENTRÉE	EACH 4.75 OZ.	293.00	14.00	5.00	0.00	25.00	535.00	29.80	5.00	1.50	15.00	368.00	0.00	127.00	3.00
CALZONE, THREE CHEESE	ENTRÉE	EACH 5 OZ.	320.00	12.00	6.00	0.00	30.00	530.00	40.00	3.00	5.00	16.00	0.00	0.00	343.00	3.00
CHALUPA, BEEF ZESTY	ENTRÉE	EACH 3.11 OZ	244.50	14.00	6.00	0.00	44.00	404.00	11.20	0.00	0.60	16.00	296.00	0.00	347.00	1.00
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	190.00	10.00	6.00	0.00	30.00	570.00	14.00	0.00	10.00	10.00	300.00	0.00	350.00	0.00
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	100.00	8.00	6.00	0.00	25.00	360.00	1.00	0.00	0.00	6.00	0.00	0.00	183.00	0.00
CHEESEBURGER	ENTRÉE	EACH 4.2 OZ	270.00	9.00	3.50	0.00	35.00	410.00	30.00	3.00	4.00	18.00	0.00	0.00	121.00	3.00
CHEESEBURGER SLIDERS	ENTRÉE	EACH 4.55 OZ.	273.00	8.00	2.90	0.00	45.00	339.00	31.10	2.60	3.40	19.70	25.00	0.00	82.00	2.90
CHEESE POCKET, ITALIAN	ENTRÉE	EACH 2.27 OZ.	160.00	6.00	3.00	0.00	20.00	260.00	17.00	2.00	2.00	10.00	41.00	0.00	175.00	1.10
CHEESY PILLOWS	ENTRÉE	1 SERVING	290.00	14.00	5.00	0.00	30.00	630.00	29.00	0.00	0.99	15.00	136.56	0.48	243.23	0.54
CHICKEN & RICE, CHERRY BLOSSOM	ENTRÉE	1 SERVING	487.00	7.25	1.01	0.00	50.38	364.40	69.82	3.42	14.11	16.92	0.00	2.42	21.84	1.59
CHICKEN & RICE, YANG'S ORANGE	ENTRÉE	1 SERVING	355.09	4.21	0.50	0.00	40.00	281.69	63.64	2.41	10.00	15.83	0.00	1.20	1.69	1.59
BROWN RICE FOR CHERRY AND ORANGE CHICKEN	GRAIN	4 OZ. SERVING	205.09	1.21	0.00	0.00	0.00	1.69	44.64	2.41	0.00	4.83	0.00	0.00	1.69	0.87
CHICKEN DRUMSTICK	MEAT/MEAT ALT	1 EACH	199.16	11.72	2.93	0.00	87.87	550.62	5.86	0.00	0.00	16.40	0.00	0.00	23.43	1.27
CHICKEN DRUMSTICK & RUFFLE FRIES	ENTRÉE	1 SERVING	309.14	15.38	2.93	0.00	87.87	770.58	25.41	1.22	0.00	17.62	0.00	0.00	35.65	1.75
CHICKEN DUMPLINGS	ENTRÉE	6 PIECES	240.00	7.00	0.50	0.00	35.00	550.00	31.00	2.00	3.00	17.00	0.00	0.00	35.00	3.00
CHICKEN FILLET, GOLDEN SANDWICH	ENTRÉE	1 SANDWICH	350.00	11.00	1.50	0.00	45.00	500.00	38.00	5.00	3.00	24.00	0.00	9.00	40.00	2.52
CHICKEN FILLET, GOLDEN BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	200.00	9.00	1.50	0.00	45.00	290.00	9.00	3.00	0.00	19.00	0.00	0.00	0.00	1.08
CHICKEN PATTY, HOT & SPICY BREADED (NO BUN)	MEAT/MEAT ALT	1 PATTY	210.00	10.00	2.00	0.00	35.00	240.00	14.00	2.00	0.00	15.00	200.00	0.00	20.00	3.60
CHICKEN, POPCORN	MEAT/MEAT ALT	10 PIECES	200.00	13.00	3.00	0.00	70.00	550.00	17.00	3.00	0.00	19.00	120.00	0.00	25.00	1.00
CHICKEN SANDWICH, HOT & SPICY	ENTRÉE	1 SANDWICH	360.00	12.00	2.00	0.00	35.00	450.00	43.00	4.00	3.00	20.00	200.00	9.00	60.00	5.04
BUN KNOT ROLL, ONLY (for chicken sandwich)	GRAIN	1 BUN	150.00	2.00	0.00	0.00	0.00	210.00	29.00	2.00	3.00	5.00	0.00	9.00	40.00	1.44
CHICKEN TENDERS & TOTS	ENTRÉE	1 SERVING	323.97	15.70	2.03	0.00	45.73	505.80	26.23	3.04	2.03	21.33	0.00	0.60	0.00	2.19
CHICKEN TENDERS	MEAT/MEAT ALT	1 SERVING	233.74	12.20	2.03	0.00	45.73	335.37	12.20	2.03	2.03	20.33	0.00	0.00	0.00	1.83
CHILI, 3-BEAN (VEGAN)	ENTRÉE	1 SERVING	180.00	0.50	0.00	0.00	0.00	760.00	33.00	11.00	3.00	10.00	312.00	16.00	61.00	3.00
CHIK' N NUGGETS (VEGAN)	ENTRÉE	5 NUGGETS	250.00	11.00	1.50	0.00	0.00	460.00	24.00	3.00	2.00	15.00	0.00	0.00	40.00	2.10
EGGS, HARD COOKED	MEAT/MEAT ALT	2 EGGS	140.00	9.00	3.00	0.00	330.00	110.00	1.00	0.00	1.00	11.00	0.00	0.00	40.00	1.08
FISH, BREADED CHEESE WEDGES	ENTRÉE	3 WEDGES	230.00	10.00	1.00	0.00	45.00	420.00	19.00	1.00	0.00	16.00	0.00	0.00	28.00	1.00
FISH FILLET	MEAT/MEAT ALT	1 SERVING	190.00	11.00	1.50	0.00	35.00	330.00	13.00	1.00	0.00	10.00	0.00	0.00	0.00	0.70
FISH FILLET & TOTS	ENTRÉE	1 SERVING	280.23	14.51	1.50	0.00	35.00	500.43	27.04	2.00	0.00	11.00	0.00	0.60	0.00	1.06
FLATBREAD, CHEESY	ENTRÉE	1 SERVING	320.00	11.00	5.80	0.00	30.00	570.00	33.00	2.00	4.00	21.00	390.00	7.00	602.00	2.00
GARLIC BREAD, CHEESY	ENTRÉE	EACH 4.5 OZ.	395.00	21.71	8.00	0.00	35.00	460.00	29.00	2.00	3.00	21.00	535.00	0.00	420.00	2.10
HOT DOG, BEEF DOUBLE DOGS	ENTRÉE	EA, 2 (4 oz total)	370.00	10.50	1.50	0.00	30.00	490.00	39.00	3.00	6.00	15.00	55.00	0.00	10.00	2.30
HOT DOG, TURKEY ALL STAR	ENTRÉE	1 SERVING	270.00	12.00	3.00	0.00	50.00	480.00	28.00	2.00	3.00	12.00	0.00	67.00	22.00	2.00
HOT DOG ONLY, NO BUN	MEAT/MEAT ALT	2 OZ.	130.00	10.00	3.00	0.00	50.00	260.00	1.00	0.00	0.00	7.00	0.00	40.00	12.00	1.00
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 4.5 OZ.	170.00	3.50	0.00	0.00	0.00	150.00	27.00	7.00	5.00	9.00	0.00	0.00	52.00	3.00
HUMMUS CUP, ZEE ZEE	MEAT/MEAT ALT	EACH 3.0 OZ.	110.00	2.00	0.00	0.00	0.00	100.00	18.00	5.00	3.00	6.00	0.00	0.00	34.00	2.00
LASAGNA, CHEESE ROLL-UP	ENTRÉE	EACH 4.3 OZ	230.00	7.00	4.00	0.00	20.00	330.00	29.00	3.00	5.00	14.00	0.00	0.00	280.00	1.10
NACHOBOLI, CHEESE	ENTRÉE	1 EACH. 4.9 OZ	310.00	13.00	7.00	0.00	40.00	790.00	34.00	0.00	4.00	16.00	0.00	0.00	451.00	3.00
PASTA, PENNE RIGATI & TURKEY MEATBALLS	ENTRÉE	1 SERVING	488.28	8.88	1.15	0.00	45.01	724.83	76.88	9.80	6.44	25.40	0.00	0.00	73.06	4.63
PASTA, PENNE RIGATI ONLY, NO MEATBALLS, 1/2 CUP	GRAIN	1 SERVING	110.00	1.00	0.00	0.00	0.00	0.00	23.00	1.00	0.00	3.00	0.00	0.00	8.00	0.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
PIZZA, DEEP DISH TURKEY PEPPERONI 5"	ENTRÉE	EACH 4.98 OZ.	310.00	13.00	6.00	0.00	30.00	520.00	31.00	3.00	8.00	17.00	70.00	0.00	240.00	2.30
PIZZA KIT, ITALIANO (cold)	ENTRÉE	1 EACH KIT	312.12	11.21	6.04	0.00	36.29	641.73	34.30	4.22	5.71	19.38	642.46	21.84	510.96	1.57
PIZZA, SAUSAGE (TURKEY)	ENTRÉE	EACH 5.2 OZ.	339.00	16.00	9.00	0.00	45.00	528.00	28.00	3.00	6.00	20.00	0.00	0.00	259.00	3.00
PIZZA WEDGE, CHEESE	ENTRÉE	EACH 5.24 OZ.	328.00	13.00	6.00	0.00	36.00	570.60	34.58	3.00	5.21	19.00	433.76	8.62	494.00	1.40
PIZZA WEDGE, PEPPERONI (TURKEY-BEEF)	ENTRÉE	EACH 4.71 OZ.	320.00	15.00	7.00	0.00	40.00	470.00	31.00	3.00	7.00	17.00	61.00	0.00	288.00	1.80
PIZZABOLI	ENTRÉE	1 EACH	310.00	12.00	6.00	0.00	35.00	640.00	34.00	0.00	6.00	14.00	0.00	0.00	339.00	2.00
PORK CHOP	MEAT/MEAT ALT	EACH 3.35 OZ.	260.00	17.00	4.50	0.00	40.00	330.00	11.00	2.00	1.00	16.00	0.00	0.00	40.00	2.00
PORK CHOP & MASHED POTATOES	ENTRÉE	1 SERVING	349.35	17.87	4.99	0.02	41.58	622.41	29.53	3.74	1.63	17.98	18.42	4.88	54.25	2.32
PUPUSA, BEEF & CHEESE	ENTRÉE	EACH 5.5 OZ.	290.00	11.00	3.50	0.00	15.00	480.00	35.00	4.00	1.00	13.00	0.00	0.00	250.00	1.00
QUESADILLA, CHEESE	ENTRÉE	EACH 5.15 OZ.	370.00	20.00	11.00	0.00	50.00	1000.00	28.00	3.00	2.00	19.00	300.00	4.00	540.00	6.00
SANDWICH, BBQ BEEF RIB	ENTRÉE	EACH 4.36 OZ.	282.29	9.79	3.21	0.00	37.08	547.96	32.88	2.84	7.84	16.49	5.15	8.89	64.08	3.14
SANDWICH, CHICKEN FILET, GOLDEN	ENTRÉE	1 SANDWICH	350.00	11.00	1.50	0.00	45.00	500.00	38.00	5.00	3.00	24.00	0.00	9.00	40.00	2.52
SANDWICH, CHICKEN HOT & SPICY	ENTRÉE	1 SANDWICH	360.00	12.00	2.00	0.00	35.00	450.00	43.00	4.00	3.00	20.00	200.00	9.00	60.00	5.04
BUN KNOT ROLL (for chicken sandwich)	GRAIN	1 BUN	150.00	2.00	0.00	0.00	0.00	210.00	29.00	2.00	3.00	5.00	0.00	9.00	40.00	1.44
SANDWICH, FIESTADA STUFFED (BEEF & CHEESE)	ENTRÉE	EACH 4.46 OZ.	320.00	14.00	7.00	0.00	40.00	590.00	31.00	3.00	6.00	18.00	80.00	0.00	290.00	2.50
SANDWICH, GRILLED CHEESE TOASTED, Ind. Wrapped	ENTRÉE	EACH 4.18 OZ	306.00	14.00	8.00	0.00	44.00	421.00	31.00	3.00	5.67	14.00	639.00	1.80	311.00	1.70
SANDWICH, SUNBUTTER & JELLY	ENTRÉE	1 SANDWICH	610.00	34.00	4.00	0.00	0.00	590.00	56.00	7.00	18.00	20.00	0.00	0.00	59.00	10.00
SANDWICH, TURKEY BREAST SMOKED	ENTRÉE	1 SANDWICH	230.00	3.50	0.00	0.00	35.00	630.00	29.00	2.00	3.00	23.00	0.00	9.00	40.00	1.80
TURKEY BREAST, SLICED ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	80.00	1.50	0.00	0.00	35.00	420.00	0.00	0.00	0.00	18.00	0.00	0.00	0.00	0.36
SANDWICH, TURKEY BREAST & CHEESE	ENTRÉE	1 SANDWICH	330.00	15.00	6.00	0.00	50.00	660.00	27.00	2.00	2.00	21.00	0.00	0.00	304.00	2.00
SANDWICH, TURKEY HAM DELI	ENTRÉE	1 SANDWICH	270.00	8.00	2.00	0.00	55.00	630.00	31.00	2.00	5.00	19.00	0.00	10.20	60.00	2.16
TURKEY HAM ONLY - NO BREAD	MEAT/MEAT ALT	3 OZ. SERVING	120.00	6.00	1.50	0.00	55.00	360.00	3.00	0.00	0.00	13.00	0.00	0.00	0.00	0.72
TURKEY & MASHED POTATO WITH GRAVY	ENTRÉE	1 SERVING	188.80	2.76	0.99	0.03	36.58	888.04	21.69	1.80	0.65	19.01	18.42	4.88	20.06	0.72
MASHED POTATO WITH GRAVY ONLY	VEGETABLE	1/2 CUP	124.00	3.50	1.00	0.00	0.00	496.00	21.00	2.00	0.00	2.00	0.00	6.00	21.00	0.36
YOGURT, STRAWBERRY	MEAT/MEAT ALT	EACH 8 OZ.	180.00	0.00	0.00	0.00	5.00	105.00	38.00	0.00	29.00	6.00	0.00	3.60	600.00	0.00
GRANOLA, ONLY (FIELDSTONE) SERVED W/YOGURT	GRAIN	EACH 1 OZ.	120.00	3.00	0.50	0.00	0.00	70.00	20.00	2.00	6.00	3.00	0.00	0.00	10.00	0.80
<b>GRAIN, SNACK, CRACKER</b>																
BISCUIT, HONEY	GRAIN	EACH, 1	190.00	6.00	2.00	0.00	0.00	340.00	30.00	2.00	6.00	4.00	0.00	0.00	167.00	1.00
BUN, HAMBURGER (for Possible Burger)	GRAIN	1 BUN	140.00	2.00	0.00	0.00	0.00	210.00	26.00	2.00	3.00	4.00	0.00	0.00	0.00	0.00
BUN, HOT DOG (for All Star Turkey Hot Dog)	GRAIN	1 BUN	140.00	2.00	0.00	0.00	0.00	220.00	27.00	2.00	3.00	5.00	0.00	27.00	10.00	1.00
BUN KNOT ROLL (for turkey burger, chicken sandwich)	GRAIN	1 BUN	150.00	2.00	0.00	0.00	0.00	210.00	29.00	2.00	3.00	5.00	0.00	9.00	40.00	1.44
CHEDDAR CHEESE CUP	MEAT/MEAT ALT	EACH 3 OZ.	190.00	10.00	6.00	0.00	30.00	570.00	14.00	0.00	10.00	10.00	300.00	0.00	350.00	0.00
CHEDDAR CHEESE RANCH, PLANK	MEAT/MEAT ALT	EACH 1 OZ.	100.00	8.00	6.00	0.00	25.00	360.00	1.00	0.00	0.00	6.00	0.00	0.00	183.00	0.00
CHICKPEAS, CHEDDAR	MEAT/MEAT ALT	EACH 0.83 OZ.	120.00	5.00	0.50	0.00	0.00	160.00	13.00	3.00	1.00	5.00	0.00	0.00	23.00	1.00
CHICKPEAS, SEA SALT	MEAT/MEAT ALT	EACH 0.75 OZ.	100.00	4.50	0.00	0.00	0.00	70.00	11.00	3.00	0.00	5.00	0.00	0.00	17.00	1.00
CHIPS, FRITOS CORN	GRAIN	EACH 1 OZ.	160.00	10.00	1.50	0.00	0.00	170.00	16.00	1.00	0.00	2.00	0.00	0.00	30.00	0.20
CHIPS, SUN - CHEDDAR	GRAIN	EACH 1 OZ.	140.00	6.00	0.50	0.00	0.00	170.00	19.00	2.00	2.00	2.00	0.00	0.00	10.00	0.60
CHIPS, SUN - GARDEN SALSA	GRAIN	EACH 1 OZ.	140.00	6.00	0.50	0.00	0.00	140.00	19.00	2.00	2.00	2.00	0.00	0.00	10.00	0.60
CRACKER, CHEEZ-IT	GRAIN	EACH 0.75 OZ.	100.00	3.50	1.00	0.00	4.00	150.00	14.00	1.00	0.00	3.00	500.00	0.00	110.00	0.72
CRACKER, CHOCOLATE MINI BELLY BEAR GRAHAM	GRAIN	EACH 1 OZ.	120.00	4.00	0.00	0.00	0.00	85.00	20.00	2.00	7.00	2.00	0.00	0.00	100.00	1.08
CRACKER, FOOD & NUTRITION	GRAIN	EACH 1 OZ.	120.00	4.00	0.00	0.00	0.00	65.00	22.00	2.00	6.00	2.00	0.00	0.00	4.00	1.00
CRACKER, HONEY GRAHAM	GRAIN	EACH 1 OZ.	110.00	3.00	0.50	0.00	0.00	140.00	21.00	2.00	6.00	1.00	0.00	0.00	5.00	2.00
CRACKER, HONEY MAID SQUARES	GRAIN	1.06 OZ.	130.00	3.00	0.00	0.00	0.00	150.00	24.00	2.00	8.00	2.00	0.00	0.00	0.00	1.08
CRACKER, PRETZEL GOLDFISH	GRAIN	1 BAG	90.00	1.50	0.00	0.00	0.00	200.00	16.00	1.00	0.00	2.00	0.00	0.00	0.00	0.72
CRACKER, PRETZEL PETITE	GRAIN	1 BAG, 0.7 OZ.	70.00	0.50	0.00	0.00	0.00	160.00	14.00	1.00	0.00	2.00	0.00	0.00	0.00	1.00
COOKIE, CHOCOLATE CHIP WG	GRAIN	EACH 1.2 OZ.	148.00	5.30	1.60	0.00	18.90	96.50	23.80	1.50	11.40	2.00	0.00	0.00	10.47	0.78
CORNBREAD	GRAIN	EACH 2.5 OZ.	190.00	6.00	0.50	0.00	15.00	170.00	33.00	1.00	11.00	3.00	0.00	0.00	18.00	1.00
CHURRO	GRAIN	EACH 1.48 OZ.	140.00	4.00	1.50	0.00	0.00	75.00	23.00	1.00	6.00	3.00	0.00	0.00	20.00	1.08

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
GRANOLA (FIELDSTONE)	GRAIN	EACH 1 OZ.	120.00	3.00	0.50	0.00	0.00	70.00	20.00	2.00	6.00	3.00	0.00	0.00	10.00	0.80
PASTA, PENNE RIGATI 1/2 CUP	GRAIN	1 SERVING	110.00	1.00	0.00	0.00	0.00	0.00	23.00	1.00	0.00	3.00	0.00	0.00	8.00	0.00
POPCORN, KETTLE	GRAIN	EACH 1 OZ.	130.00	4.00	0.00	0.00	0.00	170.00	22.00	2.00	9.00	1.00	0.00	0.00	0.00	0.40
RICE, BROWN (for Beef Teriyaki Dipper Bowl)	GRAIN	5.5 OZ. SERVING	297.19	2.66	0.47	0.00	0.00	4.69	62.57	2.50	0.78	6.26	703.86	0.00	0.00	0.56
TURKEY STICK - BBQ, BUFFALO, OR SMOKEHOUSE FLAVORS	MEAT/MEAT ALT	EACH 1.2 OZ.	40.00	1.00	0.00	0.00	20.00	190.00	0.00	0.00	0.00	8.00	0.00	0.00	0.00	0.00
WOWBUTTER CUP (snack)	MEAT/MEAT ALT	EACH 1.12 OZ.	200.00	15.00	3.00	0.00	0.00	100.00	8.00	8.00	4.00	7.00	0.00	0.00	30.00	1.00
<b>FRUIT - FRESH, DRIED, SHELF-STABLE</b>																
APPLE - FRESH (RED/GREEN)	FRUIT	1 EACH	87.04	0.00	0.00	0.00	0.00	0.00	20.48	5.12	15.36	0.00	128.00	316.42	25.60	0.46
APPLE SLICES - FRESH	FRUIT	1 IND. PKG	34.00	0.00	0.00	0.00	0.00	0.00	8.00	2.00	6.00	0.00	50.00	123.60	10.00	0.18
APPLE CRISP TREE TOP (DRIED)	FRUIT	EACH 0.34 OZ.	40.00	0.00	0.00	0.00	0.00	0.00	10.00	2.00	7.00	0.00	0.00	0.00	0.00	0.00
APPLESAUCE CUP	FRUIT	EACH 4.5 OZ.	60.00	0.00	0.00	0.00	0.00	15.00	14.00	1.00	18.00	0.00	0.00	0.00	0.00	0.00
APPLESAUCE CUP, Orange Dreamsicle (Zee Zee)	FRUIT	EACH 4.5 OZ.	70.00	0.00	0.00	0.00	0.00	0.00	18.00	1.00	13.00	0.00	0.00	0.00	8.00	0.00
APPLESAUCE CUP, Strawberry-Banana (Zee Zee)	FRUIT	EACH 4.5 OZ.	60.00	0.00	0.00	0.00	0.00	0.00	16.00	1.00	11.00	0.00	0.00	0.00	5.00	0.00
BANANA - FRESH	FRUIT	1 EACH	121.04	0.45	0.15	0.00	0.00	1.36	31.06	3.54	16.63	1.48	87.04	11.83	6.80	0.35
CHERRIES - DRIED	FRUIT	EACH, 1.26 OZ.	130.00	0.00	0.00	0.00	0.00	0.00	31.00	1.00	27.00	1.00	0.00	0.00	12.00	1.00
CRANBERRIES - DRIED (Cherry Flavor)	FRUIT	EACH 1.16 OZ.	110.00	0.00	0.00	0.00	0.00	0.00	27.00	2.00	24.00	0.00	0.00	0.00	0.00	0.00
GRAPES - FRESH	FRUIT	1/2 Cup	63.00	0.00	0.00	0.00	0.00	10.50	16.00	1.00	14.00	0.00	0.00	0.84	14.00	0.00
KIWI - FRESH	FRUIT	1 EACH	46.00	0.40	0.02	0.00	0.00	2.00	11.14	2.30	6.83	0.87	10.00	70.50	26.00	0.24
MIXED FRUIT CUP (NFG)	FRUIT	EACH 4.5 OZ CUP	80.00	0.00	0.00	0.00	0.00	0.00	19.00	1.00	16.00	1.00	0.00	91.00	14.00	0.00
MIXED FRUIT CUP (DEL MONTE)	FRUIT	EACH 4 OZ CUP	50.00	0.00	0.00	0.00	0.00	5.00	12.00	1.00	8.00	0.00	0.00	0.00	13.00	0.00
MIXED FRUIT MEDLEY, CANNED (1/2 C)	FRUIT	1 SERVING	60.00	0.00	0.00	0.00	0.00	10.00	17.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00
NECTARINE - FRESH	FRUIT	1 EACH	49.90	0.36	0.03	0.00	0.00	0.00	11.96	1.93	9.07	1.20	376.49	6.12	6.80	0.32
ORANGE - FRESH	FRUIT	1 EACH	44.50	0.00	0.00	0.00	0.00	8.10	9.70	0.40	11.83	1.20	60.67	72.80	8.10	0.00
PEACH - FRESH	FRUIT	1 EACH	43.68	0.28	0.02	0.00	0.00	0.00	10.68	1.68	9.40	1.02	365.12	7.39	6.72	0.28
PEACH CUP (NATIONAL)	FRUIT	EACH 4.5 OZ	70.00	0.00	0.00	0.00	0.00	10.00	18.00	1.00	16.00	1.00	0.00	91.00	7.00	0.00
PEACH CUP (STRAWBERRY BANANA FLAVOR)	FRUIT	EACH 4 OZ.	50.00	0.00	0.00	0.00	0.00	5.00	12.00	1.00	8.00	0.00	0.00	0.00	13.00	0.30
PEACHY PEACHES, CANNED (1/2 C)	FRUIT	1 SERVING	59.62	0.00	0.00	0.00	0.00	4.97	13.91	0.99	12.92	0.00	0.00	0.00	5.96	0.38
PEARS - FRESH	FRUIT	1 EACH	100.00	0.00	0.00	0.00	0.00	2.00	31.62	6.00	17.00	1.00	0.00	7.00	20.00	0.00
PEARS, PERFECT, CANNED (1/2 C)	FRUIT	1 SERVING	59.81	0.12	0.00	0.00	0.00	2.06	15.59	2.06	12.38	0.39	0.00	0.00	8.25	0.25
PERSIMMON - FRESH	FRUIT	1 EACH	79.38	0.22	0.02	0.00	0.00	1.13	21.08	4.08	0.00	0.66	1845.02	8.51	9.07	0.17
PLUM - FRESH	FRUIT	1 EACH	46.36	0.28	0.02	0.00	0.00	0.00	11.51	1.41	10.00	0.71	347.71	9.57	6.05	0.17
PLUOT - FRESH	FRUIT	1 EACH	40.00	0.00	0.00	0.00	0.00	0.00	9.50	1.50	7.50	0.00	113.00	2.00	2.50	0.00
<b>JUICE - REFRIGERATED, SHELF-STABLE</b>																
APPLE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	55.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	15.00	0.00	0.00	41.00	10.00	0.00
APPLE JUICE, ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	0.00	0.00	0.00	10.00	0.00
ORANGE JUICE, DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	55.00	0.00	0.00	0.00	0.00	14.00	14.00	0.00	14.00	0.00	0.00	29.00	14.00	0.00
ORANGE JUICE, ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	0.00	13.00	0.00	12.00	1.00	0.00	39.00	17.00	0.00
WILDBERRY JUICE DRIFTWOOD	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	15.00	0.00	0.00	41.00	10.00	0.00
WILDBERRY JUICE ROCKVIEW	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00
BERRY, VERY JUICE BOX	FRUIT JUICE	EACH 4.23 OZ.	60.00	0.00	0.00	0.00	0.00	10.00	17.00	0.00	15.00	0.00	0.00	0.00	10.00	0.00
FRUIT PUNCH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	60.00	0.00	0.00	0.00	0.00	5.00	15.00	0.00	14.00	0.00	0.00	0.00	18.00	0.00
MANGO SPLASH JUICE BOX (SUNCUP)	FRUIT JUICE	EACH 4.23 OZ.	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	13.00	0.00	0.00	0.00	0.00	0.00
ORANGE MEDLEY JUICE BOX	FRUIT	EACH 4.23 OZ.	50.00	0.00	0.00	0.00	0.00	30.00	13.00	0.00	11.00	0.00	0.00	0.00	0.00	0.00
PARADISE PUNCH JUICE BOX (SUNCUP)	VEGETABLE JUICE	EACH 4.23 OZ.	60.00	0.00	0.00	0.00	0.00	5.00	14.00	0.00	13.00	0.00	0.00	90.00	0.00	0.00
SUN SPLASH VEGETABLE JUICE BOX (SUNCUP)	VEGETABLE JUICE	EACH 4.23 OZ.	60.00	0.00	0.00	0.00	0.00	10.00	15.00	0.00	13.00	0.00	0.00	0.00	10.00	0.00
<b>FROZEN FRUIT/VEG - JUICE CUP, SLUSH, AND OTHER</b>																
CUP, BLACK CHERRY JUICE	FRUIT JUICE	EACH 4.4 OZ.	90.00	0.00	0.00	0.00	0.00	0.00	22.00	0.00	22.00	0.00	0.00	0.00	20.00	0.50
CUP, CHERRY SMOOTH	VEGETABLE JUICE	EACH 4.4 OZ.	100.00	0.00	0.00	0.00	0.00	30.00	22.00	0.00	19.00	0.00	1000.00	60.00	80.00	0.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
CUP, SOUR WATERMELON	FRUIT JUICE	1 EACH	70.00	0.00	0.00	0.00	0.00	10.00	20.00	3.00	15.00	0.00	0.00	60.00	80.00	0.00
CUP, STRAWBERRY CUP	FRUIT	EACH, 4.5 OZ.	70.00	0.00	0.00	0.00	0.00	0.00	16.00	2.00	13.00	0.00	0.00	54.00	20.00	0.50
FRUIT POP, BLUEBERRY PEAR	FRUIT	EACH 3.5 OZ.	80.00	0.00	0.00	0.00	0.00	0.00	21.00	2.00	17.00	1.00	6.66	8.00	7.10	0.00
FRUIT POP, PEACH	FRUIT	EACH 4 OZ.	100.00	0.00	0.00	0.00	0.00	0.00	24.00	1.00	23.00	1.00	63.00	36.00	6.00	0.00
SLUSH, BERRY BERRY BLUE	VEGETABLE JUICE	EACH 4 OZ.	80.00	0.00	0.00	0.00	0.00	11.00	19.00	0.00	15.00	0.00	0.00	90.00	0.00	0.00
SLUSH, HULA COOLER	FRUIT JUICE	EACH 4 OZ.	70.00	0.00	0.00	0.00	0.00	12.00	19.00	0.00	18.00	0.00	0.00	100.00	0.00	0.00
SLUSH, KIWI STRAWBERRY	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	15.00	15.00	0.00	12.00	0.00	2.00	79.00	0.00	0.00
SLUSH, PARADISE PUNCH	FRUIT JUICE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	15.00	16.00	0.00	12.00	0.00	2.00	79.00	0.00	0.00
SLUSH, TROPICAL TRIO	VEGETABLE	EACH 4 OZ.	80.00	0.00	0.00	0.00	0.00	5.00	20.00	0.00	17.00	0.00	0.00	72.00	0.00	0.00
STRAWBERRY CREAMSICLE	FRUIT JUICE	EACH 4.4 OZ.	90.00	0.00	0.00	0.00	0.00	20.00	23.00	0.00	21.00	0.00	600.00	60.00	90.00	1.40
<b>VEGETABLE - FRESH, COOKED, CUP, CANNED</b>																
BEANS, FIESTA PINTO	VEGETABLE	1/2 CUP	159.00	0.00	0.00	0.00	0.00	223.70	28.00	6.60	1.40	9.40	57.80	2.70	71.60	2.70
CARROTS, PETITE BABY (Individual Bag)	VEGETABLE	EACH 2.5 OZ.	24.81	0.09	0.02	0.00	0.00	55.28	5.84	2.06	4.17	0.45	9773.66	1.84	22.68	0.63
CELERY STICKS (Individual Bag)	VEGETABLE	EACH 2.3 OZ	10.00	0.00	0.00	0.00	0.00	50.00	2.00	1.00	1.00	0.00	0.00	0.00	26.00	0.13
COLESLAW (Individual Bag)	VEGETABLE	EACH 2 OZ.	20.00	0.00	0.00	0.00	0.00	20.00	4.00	1.00	2.00	1.00	0.00	0.00	20.00	0.20
CORN, SWEET WHOLE KERNEL	VEGETABLE	1 SERVING	66.63	0.57	0.08	0.00	0.00	0.00	16.07	2.02	2.56	2.12	165.56	2.83	2.02	0.38
CUP, MARINARA (RED GOLD)	VEGETABLE	EACH 2.5 OZ.	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	0.00	0.00	19.00	0.00
CUP, SALSA	VEGETABLE	EACH 3 OZ.	25.00	0.00	0.00	0.00	0.00	195.00	5.00	1.00	3.00	1.00	0.00	0.00	16.00	1.00
POTATOES, CREAMY MASHED	VEGETABLE	1 SERVING	89.35	0.87	0.49	0.02	1.58	292.41	18.53	1.74	0.63	1.98	18.42	4.88	14.25	0.32
POTATOES, CREAMY MASHED WITH RANCH	VEGETABLE	1 SERVING	89.35	0.87	0.49	0.02	1.58	341.01	18.53	1.74	0.63	1.98	18.42	4.88	14.25	0.32
POTATO RUFFLE FRIES (1/2 C)	VEGETABLE	1 SERVING	109.98	3.67	0.00	0.00	0.00	219.96	19.55	1.22	0.00	1.22	0.00	0.00	12.22	0.49
POTATO TOTS, MINI (1/2 C)	VEGETABLE	1 SERVING	90.00	3.50	0.00	0.00	0.00	170.00	14.00	1.00	0.00	1.00	0.00	0.60	0.00	0.00
POTATO, WEDGES ROASTED	VEGETABLE	1 SERVING	140.00	6.00	1.00	0.00	0.00	180.00	19.00	1.00	0.50	1.00	0.00	6.00	0.00	0.00
SALAD, ROMAINE (Individual Bag)	VEGETABLE	EACH 2.6 OZ.	25.00	0.00	0.00	0.00	0.00	20.00	4.00	2.00	2.00	1.00	0.00	0.00	30.00	0.50
SALAD, TROPICAL ASIAN SESAME CABBAGE SALAD	VEGETABLE	1/2 CUP	62.50	3.00	0.50	0.00	0.00	118.50	8.00	0.60	1.50	0.60	59.50	23.50	26.00	0.35
<b>SHELF-STABLE MEAL KITS</b>																
CHEESE STICK MEAL KIT - CHEESE STICK, WHITE CHEDDAR	MEAT/MEAT ALT	EACH 2 OZ.	200.00	16.00	12.00	0.00	50.00	720.00	2.00	0.00	0.00	12.00	0.00	0.00	366.00	0.00
MARINARA SAUCE	VEGETABLE	EACH 2.5 OZ.	40.00	1.00	0.00	0.00	0.00	200.00	7.00	2.00	4.00	1.00	0.00	0.00	0.00	0.00
APPLESAUCE, STRAWBERRY	FRUIT	EACH 4.5 OZ.	60.00	0.00	0.00	0.00	0.00	17.00	15.00	1.00	13.00	0.00	0.00	60.00	0.00	0.00
WHEAT CRACKERS	GRAIN	EACH 1 OZ.	110.00	0.00	0.50	0.00	0.00	230.00	19.00	2.00	3.00	2.00	0.00	0.00	9.00	5.00
CHOCOLATE NO-NUT BUTTER MEAL KIT: NO-NUT BUTTER CUP	MEAT/MEAT ALT	EACH 1 OZ.	170.00	11.00	1.00	0.00	0.00	105.00	14.00	3.00	8.00	3.00	0.00	0.00	0.00	0.00
SUNFLOWER SEEDS	MEAT/MEAT ALT	EACH 1.2 OZ.	190.00	17.00	1.50	0.00	0.00	110.00	11.00	3.00	1.00	5.00	0.00	0.00	31.00	1.00
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	30.00	16.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00
APPLESAUCE CUP, STRAWBERRY	FRUIT	EACH 4.5 OZ.	60.00	0.00	0.00	0.00	0.00	0.00	15.00	1.00	12.00	0.00	0.00	100.00	5.00	0.00
(only 1 of the applesauces) APPLESAUCE CUP, UNSWEETENED	FRUIT	EACH 4.5 OZ	50.00	0.00	0.00	0.00	0.00	0.00	14.00	1.00	12.00	0.00	0.00	100.00	5.00	0.00
CRACKERS, STRAWBERRY BITES	GRAIN	EACH 1 OZ.	120.00	4.50	0.00	0.00	0.00	90.00	19.00	2.00	6.00	2.00	0.00	0.00	12.00	1.00
(only 1 of the crackers) CRACKER, WHEAT ES	GRAIN	EACH 1 OZ.	110.00	3.50	0.50	0.00	0.00	160.00	19.00	2.00	2.00	2.00	0.00	0.00	5.00	5.00
HUMMUS MEAL KIT - HUMMUS CUP, ROASTED RED PEPPER	MEAT/MEAT ALT	EACH 3 OZ.	110.00	7.00	0.00	0.00	0.00	310.00	12.00	4.00	2.00	4.00	0.00	0.00	50.00	1.40
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1 OZ.	190.00	17.00	1.50	0.00	0.00	110.00	4.00	2.00	1.00	5.00	0.00	0.00	31.00	1.00
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	30.00	16.00	0.00	14.00	0.00	0.00	0.00	0.00	0.00
RAISINS	FRUIT	EACH 1.33 OZ.	120.00	0.00	0.00	0.00	0.00	5.00	29.00	2.00	27.00	1.00	0.00	0.00	18.50	1.00
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	110.00	3.50	0.50	0.00	0.00	160.00	19.00	2.00	2.00	2.00	0.00	0.00	5.00	5.00
SUNBUTTER MEAL KIT - SUNBUTTER CUP	MEAT/MEAT ALT	EACH 2.2 OZ.	200.00	17.00	2.00	0.00	0.00	99.00	6.00	2.00	3.00	7.00	0.00	0.00	24.00	1.50
VEGETABLE , MANGO JUICE	VEGETABLE	EACH 4 OZ.	50.00	0.00	0.00	0.00	0.00	15.00	13.00	0.00	11.00	0.00	500.00	60.00	120.00	0.00
RAISINS, SUNMAID	FRUIT	EACH 1.34 OZ.	120.00	0.00	0.00	0.00	0.00	5.00	29.00	2.00	27.00	1.00	0.00	0.00	20.00	1.00
CRACKERS, WHEAT MJM	GRAIN	EACH 1 OZ.	110.00	3.00	0.50	0.00	0.00	140.00	21.00	2.00	6.00	1.00	0.00	0.00	9.00	5.00

MENU ITEM	FOOD CATEGORY	SERVING SIZE	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C	Calcium (mg)	Iron (mg)
WOWBUTTER MEAL KIT - WOWBUTTER CUP	MEAT/MEAT ALT	EACH 1.12 OZ.	200.00	15.00	3.00	0.00	0.00	100.00	8.00	2.00	4.00	7.00	0.00	0.00	30.00	1.00
SUNFLOWER SEEDS, HONEY ROASTED	MEAT/MEAT ALT	EACH 1.2 OZ.	190.00	15.00	1.50	0.00	0.00	65.00	11.00	3.00	5.00	6.00	0.00	0.00	21.00	1.00
RAISINS	FRUIT	EACH 1.33 OZ.	120.00	0.00	0.00	0.00	0.00	5.00	29.00	2.00	27.00	1.00	0.00	0.00	20.00	1.00
VEGETABLE JUICE PUNCH	VEGETABLE	EACH 4 OZ.	60.00	0.00	0.00	0.00	0.00	30.00	16.00	0.00	14.00	0.00	500.00	60.00	0.00	0.00
CRACKERS, WHEAT ES	GRAIN	EACH 1 OZ.	110.00	3.50	0.50	0.00	0.00	160.00	19.00	2.00	2.00	2.00	0.00	0.00	9.00	5.00
<b>MILK</b>																
MILK CHOCOLATE FAT-FREE	MILK	EACH 8 OZ.	120.00	0.00	0.00	0.00	5.00	150.00	22.00	0.00	20.00	8.00	500.00	1.80	300.00	0.00
MILK LACTOSE FREE, FAT-FREE	MILK	EACH 8 OZ.	90.00	0.00	0.00	0.00	4.00	125.00	13.00	0.00	12.00	8.00	500.00	0.00	500.00	0.00
MILK SOY VANILLA	SOY MILK	EACH 8 OZ.	150.00	4.50	0.50	0.00	0.00	80.00	18.00	2.00	15.00	8.00	150.00	0.00	470.00	1.30
MILK STRAWBERRY FAT-FREE	MILK	EACH 8 OZ.	120.00	0.00	0.00	0.00	5.00	115.00	20.00	0.00	20.00	9.00	750.00	0.00	250.00	0.00
MILK WHITE LOW FAT 1%	MILK	EACH 8 OZ.	120.00	2.50	1.50	0.00	10.00	150.00	14.00	0.00	14.00	11.00	500.00	2.40	300.00	0.00
MILK WHITE FAT-FREE	MILK	EACH 8 OZ.	90.00	0.00	0.00	0.00	4.00	120.00	12.00	0.00	12.00	9.00	500.00	2.40	300.00	0.00
<b>CONDIMENTS</b>																
CONDIMENT - BBQ SAUCE	CONDIMENT	EACH 1 OZ.	44.47	0.09	0.01	0.00	0.00	207.60	10.32	0.39	8.83	0.32	0.00	0.00	23.31	0.62
CONDIMENT - KETCHUP HEINZ	CONDIMENT	EACH 9 G	11.09	0.00	0.00	0.00	0.00	88.77	2.61	0.10	2.31	0.10	37.21	0.52	0.98	0.00
CONDIMENT - KETCHUP RED GOLD	CONDIMENT	EACH 9 G	10.00	0.00	0.00	0.00	0.00	25.00	2.00	0.00	2.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT - MUSTARD HEINZ	CONDIMENT	EACH 5.5 G	0.00	0.00	0.00	0.00	0.00	65.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT - RANCH DRESSING, Packet "Salad Fresh"	CONDIMENT	EACH, 12 GM	21.00	1.00	0.00	0.00	0.00	126.00	4.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT - RANCH , Pre-made Gallon, Marzetti	CONDIMENT	1 OZ.	150.00	16.00	2.50	0.00	5.00	270.00	1.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT - TACO SAUCE	CONDIMENT	EACH 9 G	0.00	0.00	0.00	0.00	0.00	47.00	0.00	0.00	1.00	0.00	0.00	0.00	0.00	0.00
CONDIMENT - TAJIN	CONDIMENT	1 EACH	2.00	0.00	0.00	0.00	0.00	127.00	0.00	0.00	0.00	0.00	0.00	5.40	0.00	0.00